

# What is a Sleep Study?



There are 3 different types of sleep studies;

Level 1 PSG: **In Lab diagnostic sleep study.** This involves the patient staying overnight in a clinic where you will be monitored by a sleep scientist. There is usually a camera in the room to monitor what is happening when the lights are out. You will have sensors on your scalp, temples, chest and legs. A clip is placed on your finger to monitor the level of oxygen in your blood. Staff monitor your sleep throughout the night collecting different information to provide to a sleep physician to diagnose a sleep problem. Your treating Doctor will refer you to a clinic to have this study conducted.

Level 2 PSG: **At home sleep studies.** Diagnosis of a sleep disorder may be possible in the comfort of your own home. Home Sleep Studies Australia supplies portable equipment to take home. This specialised equipment monitors your sleep patterns providing valuable information to your treating Doctor. The treatment Coordinator will see you for an afternoon appointment to explain and issue the equipment for you to use overnight. You will have sensors on your temples, chest and waist. A clip is placed on your finger to monitor the level of oxygen in your blood. The device will be returned to Anzac Avenue dental and the data uploaded for a sleep scientist and sleep physician to review and diagnose a sleep problem.

Level 3 PSG: **At home sleep test.** A Level 3 sleep test is a portable sleep test performed in the patient's home. This is a test used to screen moderate and uncomplicated sleep apnea. This test is reviewed by your treating dentist as a diagnostic tool however is not able to be used as a diagnosis. The treatment Coordinator will see you for an afternoon appointment to explain and issue the equipment for you to use overnight. You will have a sensor around your chest and a clip placed on your finger to monitor the level of oxygen in your blood. The device should be returned to Anzac Avenue dental in the morning for the data to be uploaded and reviewed by your dentist.

## What does a sleep study tell your dentist?

Sleep studies help your dentist and sleep physician to diagnose sleep disorders such as sleep apnea and Sleep disordered breathing. Upper airway resistance can have effects on your teeth and this usually presents as heavy wear on the teeth, cracked fillings, a scalloped shaped tongue among many other things.

## How do I know if I need a sleep study?

Your dentist and dental hygienist will discuss sleep related concerns at your regular preventive care appointments. If you are worried about your sleep or think you may have a sleep problem, discuss these concerns with your treating dentist and we can allocate some time for further diagnostics to help make an assessment.

## What kind of study is the best?

The patient's symptoms will determine which study is most suitable. Your dentist and treatment coordinator will discuss which study is best suited to you at your consultation appointment.

### How much will a sleep study cost?

Medicare will bulk bill a sleep study so long as the patient meets the medicare requirements. Your treatment coordinator will discuss these requirements and have a GP review the symptoms to assess if the patient can have the study bulk billed. If this is successful there is a \$95 out of pocket fee simply to hire the equipment.

### How will I be able to sleep with all the equipment on?

It is expected that you may not sleep as well as you do normally however this should not hinder the study or affect the results. The sleep physicians are looking at what your brain functions are doing and the oxygen levels in the blood so this means that even if you are not sleeping the as well as normal, the information they are recording is still relevant and accurate.

### What happens after the sleep study?

In the morning you will remove the sensors and pack away the equipment. You will return the equipment to Anzac Avenue Dental's front office team. The data will be uploaded and sent to the sleep physician to be reported on. This process takes about 2 weeks. Once the data is received you will be seen with your Dentist and Treatment coordinator to discuss the results and the treatment options.

These results can be passed on to any of your treating clinicians including GP's, ENT's, chiropractor etc.